

Tuna Apple Salad Sandwich

Prep time: 15 minutes

Makes: 4 Servings

Liven up your lunch-time sandwich with a refreshing mix of tuna, apples, raisins, and walnuts.

Ingredients

- 1 apple (such as Fuji or Pink Lady Washington)
- 1 **can** 12-oz chunk light tuna (drained)
- 2 **tablespoons** low-fat plain yogurt
- 2 **tablespoons** reduced-fat mayonaise
- 1/2 **cup** raisins (or chopped figs)
- 1/4 **cup** chopped walnuts
- 1/8 **teaspoon** ground black pepper
- 2 **tablespoons** chopped fresh parsley (optional)
- 1/2 **teaspoon** curry powder (optional)
- 8 leaves lettuce (Bibb, Romaine, green, or red leaf)
- 8 slices whole-grain bread

Directions

1. Cut apple in quarters; remove core and chop.
2. In a medium size bowl, mix all salad ingredients, except tuna.
3. Gently fold in tuna.
4. Make sandwiches, using lettuce and whole-grain bread (toasted, if desired), and fill with tuna apple salad.

Notes



Nutrition Information

Key Nutrients	Amount	% Daily Value
Total Calories	380	
Total Fat	10 g	14%
Protein	27 g	
Carbohydrates	48 g	16%
Dietary Fiber	7 g	28%
Saturated Fat	1.5 g	8%
Sodium	550 mg	23%

MyPlate Food Groups

Fruits	1/2 cup
Vegetables	1/4 cup
Grains	2 ounces
Protein Foods	3 ounces

Serving Suggestions: Serve with an 8 oz glass off 100% orange juice.